

PRIME TIME NEWS

Mountain View Senior Center

August 2010

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

THE MEMORY ACADEMY

What is "empowered aging"? Find out how the Memory Academy can keep you strong, sharp and independent with Diane Norhr, winner of the 2009 Mind Alert Award for innovative mental fitness programming.

When: Friday, August 13

Time: 1:00 p.m.

Where: TBA



LIPREADING

Ever miss the punch line of a joke? Know anyone who is having trouble hearing jokes clearly? Our social enjoyment suffers when we are hard of hearing, but we are lucky to have Audiologist Ellen Mastman, MA, CCC/Aud FAAA, who will give you some tips that will keep everyone laughing together.

Date: Tuesday, August 17

Time: 1:00 p.m.

Location: TBA

CONNECTING WITH ALZHEIMER'S

Join Dr. Judith London to learn about an approach that will allow friends, relatives and caretakers to reconnect with the alive hearts and minds of people with Alzheimer's Disease.

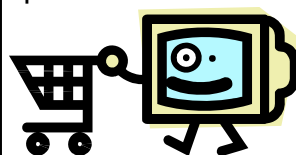
When: Thursday, August 19

Time: 1:00 p.m.

Where: TBA

ONLINE SHOPPING

Being able to purchase items on the internet has completely transformed shopping. You will learn the ins and outs of online shopping, how to make it even easier, how to find the best prices, common shopping sites and more by joining Monica Lipscomb for this workshop. **PREREQUISITE: YOU MUST HAVE BASIC COMPUTER SKILLS.** Sign up early as space is limited.



When: Thursday, August 26

Time: 1:00 p.m.

Where: Technology Room

WORKSHOPS

MOVIE MATINEE

Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 p.m

WHERE: Multipurpose Room B

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m.



BRIGHT STAR: Tuesday, August 3 and Friday, August 6

RATED: PG

LENGTH: 119 Minutes

DESCRIPTION: Acclaimed Australian filmmaker Jane Campion helms this drama detailing the passionate three-year romance between 19th-century Romantic poet John Keats (Ben Whishaw), who died tragically at age 25, and his great love and muse, Fanny Brawne (Abbie Cornish). Much of the story was inspired by Keats's poetry and the actual love letters the pair exchanged. Thomas Sangster, Paul Schneider & Kerry Fox co-star.



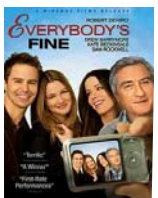
DID YOU HEAR ABOUT THE MORGANS?:

Tuesday, August 10 and Friday, August 13

RATED: PG-13

LENGTH: 103 Minutes

DESCRIPTION: After witnessing a murder, high-powered and estranged wife Meryl (Sarah Jessica Parker) and husband Paul (Hugh Grant) Morgan must say good-bye to sophisticated Manhattan when they enter the witness protection program together and land in Wyoming. At odds, they attempt to adjust to small-town life in this comedy.

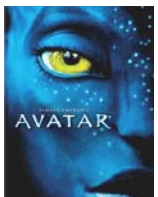


EVERYBODY'S FINE: Tues, August 17 and Fri, August 20

RATED: PG-13

LENGTH: 99 Minutes

DESCRIPTION: Frank (Robert De Niro) just lost his wife, and without their mother by his side, Frank's grown children aren't compelled to visit for the holidays. So he hits the road to visit them, collecting various revelations and learning about himself along the way. Drew Barrymore, Kate Beckinsale, Sam Rockwell and Melissa Leo co-star.



AVATAR: Tuesday, August 24 and Friday, August 27

RATED: PG-13

LENGTH: 162 Minutes

DESCRIPTION: Disabled Marine Jake Sully (Sam Worthington) travels to planet Pandora to become an avatar, ingratiate himself with the natives and help Americans mine lucrative unobtainium. But he finds himself in an interstellar conflict after falling for Na'vi warrior Neytiri (Zoe Saldana). James Cameron writes and directs this Golden Globe-winning CGI odyssey that has broken box office records.



THE LOVELY BONES: Tues, Aug 31 and Fri, Sept 3

RATED: PG

LENGTH: 135 Minutes

DESCRIPTION: When 14-year-old Susie Salmon (Saoirse Ronan) is murdered, she watches from above as her family deals with her tragic death and as her killer prepares to strike again. Torn between vengeance and healing, Susie's loved ones are forever changed. Mark Wahlberg and Rachel Weisz star in Peter Jackson's adaptation of Alice Sebold's best-selling novel; Susan Sarandon & Oscar nominee Stanley Tucci co-star.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation and tour of the Senior Center is scheduled for **Monday, August 16th at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO - Feeling lucky? Join us for Big Bingo on **Monday, August 2nd at 1:00 p.m.** in the Social Hall.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, several volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m.; and Fridays with Randy from 10:30 a.m. to 12:30 p.m. Come to the computer lab, it's that easy!!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby.

These books are for sale for 10 cents each, which can be paid at the front desk. Maximum amount to be taken at one time is five!

DVD COLLECTION

The Senior Center has a variety of DVDs available for check-out at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

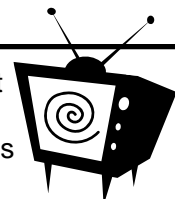
- Old eyeglasses
- Magazines
- Paperback books
- DVDs
- (no romance novels)



FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

SENIOR CENTER TELEVISION POLICY -To maintain a tranquil and pleasant environment, the front lobby television is used only for major news and sporting events. Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you!



COMPUTER PRINTER POLICY

All printouts from the computer lab are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time.



EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation in the exercise room.

WHEN NOT TO COME TO THE EXERCISE ROOM? Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: TUESDAYS: 7:00 p.m. – 7:30 p.m. & WEDNESDAYS: 2:30 p.m. – 3:00 p.m.

“REMEMBER OUR HOMECOMING” DANCE!

You're invited to join the Senior Center as we take it back to high school for a formal Homecoming! Be sure to mark your calendars for Wednesday, October 20, 2010 from 8:00 p.m. to 10:00 p.m.

...more details to come soon!



Wii BOWLING

The Senior Center and its volunteers are turning the Social Hall into a Virtual Bowling Alley! Learn the basics of the Wii video game system while bowling with fellow seniors! Haven't bowled in a while, no worries! No shoe rental, no heavy balls, just fun and wireless remote controls. Inquire at the front desk or call (650) 903-6330.



POWER OF ATTORNEY DAY

Financial powers of attorney are an important legal planning tool for older persons, regardless of their income or assets. Advance planning will ensure that your desires are followed should you become incapacitated or when you can no longer manage your financial affairs. On August 20, 2010 Senior Adults Legal Assistance will sponsor a "Financial Power of Attorney Day" at the Senior Center. Volunteer lawyers provided through the Mtn. View law firm of Fenwick & West will prepare basic power of attorney forms for financial management, free of charge, for Santa Clara County residents that are age 60 or older. Call the Senior Center, 650-903-6330 to sign up. You will need to be pre-screened by SALA to qualify for this service. Space may be limited.



Come enjoy the Mountain View Senior Center's own in-house Orchestra on Wednesday August 11th at 3:00 p.m. in the Social Hall! Free refreshments served.



Congratulations to our own Cynthia Spinella who has a new addition to her family: Jesse Samuel Spinella was born at 11:13 p.m. on Wednesday,

June 16, 2010 and weighed 7 lbs 7 oz. We are so happy for you Spinella Family!

BOOK CLUB

Join the Senior Center Book Club! Meetings are held the second Tuesday of each month (8/10/10) in Multi Purpose B from 10:30 – 11:30 a.m. Next book for review is The Help by Kathryn Stockett. For more information, call 650-903-6330.



VOLUNTEER CORNER

JUNE 2010

Brown Bag	240
Receptionists	167.5
Social Services	65
Teaching	211.75
Total	688.25 hours!

BAY AREA OLDER ADULTS

Bay Area Older Adults (BAO) hosts an easy to use website www.bayareaolderadults.org that offers free information about outdoors, fitness, social and cultural activities. It is a wonderful resource for fun and healthy adventures in the Bay Area. All of the information is carefully collected by hand and has all the details you need to venture out with confidence.

BEGINNING SOCIAL DANCE

This class for all levels will teach basic popular social dances in a variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. Improve your dance skill and fitness level AND your overall health and happiness too! Held every Friday from 9:30 a.m. -11:30 a.m. in the Dance & Movement Room. FREE - sign up in class.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: September 15th, October 20th and November 17th.

COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

On the **third Tuesday of each month (8/17/10) at 11 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.



2010 SUMMER CONCERT SERIES

Downtown Castro Street, Cuesta and Rengstorff Parks will be the backdrop for the unique sights and sounds of the Bay Area's best bands. The FREE Thursday evening concerts are delightful opportunities to enjoy picnic dinners in an entertaining and relaxing atmosphere. Bring a folding chair or blanket to sit on. There is no "fixed" seating at the concert sites. All concerts are from 6:30 p.m. - 8:00 p.m.

AUGUST 5, DOWNTOWN: THE SHANKS

AUGUST 12, RENGSTORFF PARK:
MAZACOTE W/ LOUIS ROMERO

AUGUST 19, DOWNTOWN:
THE SPAZMATICS

GIVE US YOUR EMAIL

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!

HOLIDAY BAZAAR REGISTRATION

Everyone with a knack for crafts should sign up to sell their beautiful wares during our 2010 Holiday Bazaar, scheduled for Saturday, November 20 from 8:30 a.m. to 2:00 p.m. Vendor registration will take place on **Thursday, September 16 starting at 2:00 p.m.** No telephone reservations will be accepted, and the vendor spots will be made available on a first come -first served basis. Vendor fees are \$15, payable at the time of registration. For more information, call the front desk at (650) 903-6330.



ETCETERA

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**8/25/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

EYEGLOSS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**8/10/10 and 8/24/10**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**8/10/10 - A.M. Appts and 8/24/10 - P.M. Appts**)

HEARING SCREENING - Visit Dr. Tang the **second Tuesday (8/10/10)** of each month.

PODIATRY SCREENING - Free evaluations on **third Wednesday (8/18/10)** of each month. NOTE: Feet are NOT touched in the consultation, only an evaluation.

NOTARY SERVICE - New notary service offered the **first Thursday (8/5/10)** of each month. Appointments available from 9:30-11:30 a.m.

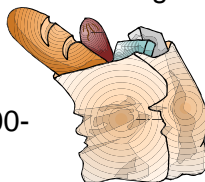
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday (8/5/10, 8/19/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

VTA TRANSIT

SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **Thursday, August 5** at **10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is **\$25.00 per sticker**. Cash only please. Stickers are also available for sale online at www.vta.org/store.

NEW VTA ROUTE 34

The new route for bus line 34 runs from San Antonio Shopping Center to downtown Mtn. View with a stop at the Senior Center! VTA will be at the Senior Center **Tuesday, August 10 from 11:00 a.m. - 12:30 p.m.** to answer questions about these changes.



AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, August 31, 2010 from 6:00 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

REGULAR CLASS - The Safety Program class offered by AARP at the Senior Center is scheduled for **NOVEMBER 9 and 16 from 6:00 p.m. to 10:00 p.m.** The fee for the 8 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

To register for classes, come in or mail a check, payable to AARP, dated the day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

Mountain View Seasoned Travelers

**NEW TRAVEL
DESK HOURS**

For travel information, registration and payment:

Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30 a.m. - 12:00 p.m. and Thursdays at the travel desk in front of the Social Hall from 10:00 a.m. - 11:45 a.m.

CALLING ALL SF GIANTS FANS! Giants vs. Arizona Diamondbacks

WHEN: Thursday, September 30, 2010

COST: \$68.00 per person

INCLUDES: Round trip transportation,
Lower Box ticket and driver gratuity.

DEPART: Day Game - Departure TBA

We will let you know August 4th if there is enough interest and how to purchase your tickets.

* Interest list is forming at the front desk now *



VILLA CA'TOGA

WHEN: Wednesday, October 20, 2010

COST: \$98.00 per person

INCLUDES: A guided tour of the villa, gardens and grounds of Villa Ca'toga, unique home of artist Carlo Marchiori. Following the tour we'll enjoy a hosted lunch at Brannan's Grill and free time to explore the town of Calistoga.
DEPART: 8:00 a.m. from Rengstorff Park
RETURN: Approximately 6:00 p.m.



FABULOUS PALM SPRING FOLLIES

WHEN: Wed, Dec 1– Fri, Dec 3, 2010

COST: \$580.00 per person

INCLUDES: The annual "Jolly Follies

Christmas Show" features guest stars, The Crystals! This get-away includes a two-night luxury accommodation at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals. Full refund if you need to cancel on or before 11/1/10.
DEPART: 7:30 a.m. from Rengstorff Park, Dec 1st
RETURN: Approximately 6:00 p.m., Dec 3rd

NEW YORK CITY, 5 Days

FEATURING: Waldorf Astoria, Two Broadway Shows, Greenwich Village, Wall Street, Statue of Liberty, Ellis Island, Metropolitan Museum

COST: \$1,749.00*

COPPER CANYON ADVENTURE, 9 Days

FEATURING: Tucson, San Carlos, El Fuerte, Chichuahua-Pacifico Railroad, Creel, Chichuahua, El Paso

COST: \$1,599.00*

*per person, land only, double occupancy. Contact the Kanen Tours for airfare from your gateway. Multiple departure dates to choose from.

TABLE MOUNTAIN CASINO, Friant

WHEN: Wednesday, August 4, 2010

COST: \$20.00 per person

INCLUDES: Casino Bonus: \$5 Cash, round trip transportation via luxury motor coach and driver's gratuity. **DEPART:** 7:30 a.m. from Senior Center.

RETURN: Approximately 5:30 p.m.

FEATHER FALLS CASINO, Oroville

WHEN: Tuesday, September 7, 2010

COST: \$20.00 per person

INCLUDES: Casino Bonus: \$10 Cash
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

BLACK OAK CASINO, Tuolumne

WHEN: Tuesday, October 5, 2010

COST: \$21.00 per person

INCLUDES: Casino Bonus (\$10 Cash & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

CACHE CREEK CASINO, Brooks

WHEN: Wednesday, November 10, 2010

COST: \$33.00 per person

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food, round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

THUNDER VALLEY CASINO, Lincoln

WHEN: Thursday, December 9, 2010

COST: \$26.00 per person

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.





Find information for more trips at the flyer stand adjacent to the Senior Center front desk.









Travel Arrangements by Kanen Tours CST # 2095653-50

TRAVEL

AUGUST 2010 LUNCH MENU AND ACTIVITIES

Mon	Tue	Wed
<p>2</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Turkey Meatloaf w/ Gravy</p> <p>Whole Grain Bread </p> <p>Brussels Sprouts</p> <p>Garlic Mashed Potatoes</p> <p>Fresh Fruit</p> <p>1:00 Big Bingo</p>	<p>3</p> <p>11:45 LUNCH MENU</p> <p>Chicken Pot Pie</p> <p>(vegetarian available)</p> <p>Confetti Coleslaw</p> <p>Apple</p> <p>1:00 Movie: Bright Star</p>	<p>4</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Salmon Fillet</p> <p>Brown Rice</p> <p>Steamed Spinach</p> <p>Minestrone Soup</p> <p>Banana</p> <p>Sugar-Free Pudding</p>
<p>9</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Swedish Meatballs w/ Gravy</p> <p>Egg Noodles</p> <p>Baked Tomato</p> <p>Spinach and Cheese Salad</p> <p>Pineapple</p>	<p>10</p> <p>8:30 HICAP</p> <p>9:15 Eyeglass Repair</p> <p>10:30 Book Club</p> <p>11:00 VTA—Route 34 Questions</p> <p>11:45 LUNCH MENU</p> <p>Pasta Primavera w/ Ham</p> <p>Whole Wheat Pasta </p> <p>Hard Boiled Egg</p> <p>Garlic Bread, Garden Salad</p> <p>Banana, Oatmeal Cookie</p> <p>1:00 Movie: Hear About the Morgans?</p> <p>2:00 Hearing Screening</p>	<p>11</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Chicken A La King</p> <p>Brown Rice Pilaf</p> <p>Au Gratin Potatoes</p> <p>Apple </p> <p>12:45 Bingo, lunch room</p> <p>3:00 Orchestra Performance, lunch room</p>
<p>16</p> <p>10:30 Dancing, lunch room </p> <p>11:45 LUNCH MENU</p> <p>Breaded Cod</p> <p>Spanish Rice and Black Beans</p> <p>Garden Salad</p> <p>Parsley Buttered Carrots</p> <p>Orange</p> <p>Sugar-Free Gelatin</p> <p>2:00 Newcomers' Group</p>	<p>17</p> <p>11:00 CSA Information + Referral</p> <p>11:45 LUNCH MENU</p> <p>Oven Roasted Chicken Breast w/</p> <p>Mushroom Gravy</p> <p>Brown Rice</p> <p>Sautéed Fresh Broccoli,</p> <p>Cauliflower & Carrots</p> <p>Peaches</p> <p>1:00 Movie: Everybody's Fine</p> <p>1:00 Workshop: Lipreading</p>	<p>18</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Beef Stuffed Bell Pepper</p> <p>Hard Boiled Egg</p> <p>Marinara Noodles w/ Garlic & Basil</p> <p>Italian Blend Vegetables</p> <p>Fresh Fruit</p> <p>12:45 Bingo, lunch room</p>
<p>23</p> <p>10:30 Dancing, lunch room </p> <p>11:45 LUNCH MENU</p> <p>Chicken & Cheese Enchiladas</p> <p>Mexicali Corn w/ Bell Pepper</p> <p>Low-Sodium 100% Vegetable Juice</p> <p>Fresh Fruit</p> <p>Tapioca Pudding</p>	<p>24</p> <p>9:15 Eyeglass Repair</p> <p>11:45 LUNCH MENU</p> <p>Beef Stew</p> <p>Whole Grain Bread</p> <p>Garden Salad</p> <p>Cantaloupe</p> <p>1:00 HICAP</p> <p>1:00 Movie: Avatar</p>	<p>25</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Mediterranean Fish & Brown Rice Pilaf</p> <p>Broccoli & Cauliflower</p> <p>Carrot Raisin Salad; Apricot</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p>
<p>30</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Spaghetti w/ Meat Sauce</p> <p>Marinated Salad</p> <p>Sautéed Fresh Broccoli</p> <p>100% Fruit Juice</p>	<p>31</p> <p>11:45 LUNCH MENU </p> <p>Breaded Cod</p> <p>Corn Chowder & Whole Grain Roll</p> <p>Sautéed Asparagus</p> <p>Oven Browned Potatoes</p> <p>Orange</p> <p>1:00 Movie: The Lovely Bones</p>	

Thu	Fri	Grilled Fish Steaks
<p>5</p> <p>8:30 Notary Service</p> <p>10:00 VTA Cards</p> <p>11:45 LUNCH MENU</p> <p>Chicken Asparagus Pecan Pasta Caesar Salad Tropical Fruit Cup Sugar-Free Jello</p> <p>1:00 SALA Appointments</p> 	<p>6</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU</p> <p>Breaded Fish Fillet Whole Grain Roll Sautéed Cabbage & Carrots Sautéed Mushrooms Orange</p> <p>1:00 Movie: Bright Star</p>	<p>INGREDIENTS:</p> <p>1 clove garlic, minced</p> <p>6 tablespoons olive oil</p> <p>1 teaspoon dried basil</p> <p>1 teaspoon salt</p> <p>1 teaspoon ground black pepper</p> <p>1 tablespoon fresh lemon juice</p> <p>1 tablespoon chopped fresh parsley</p> <p>2 (6 ounce) fillets halibut</p> <p>DIRECTIONS:</p> <p>In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.</p> <p>Place the halibut filets in a shallow glass dish or a re-sealable plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.</p> <p>Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.</p> <p>Remove halibut filets from marinade and drain off the excess. Grill filets 5 minutes per side or until fish is done when easily flaked with a fork.</p> <p>NUTRITION INFORMATION</p> <p>Calories: 554</p> <p>Servings Per Recipe: 2</p> <p>Amount per serving</p> <p>Total Fat: 43.7g</p> <p>Cholesterol: 62mg</p> <p>Sodium: 1259mg</p> <p>Total Carbs: 2.2g</p> <p>Dietary Fiber: 0.6g</p> <p>Protein: 36.3g</p> <p>Prep Time: 10 Minutes</p> <p>Cook Time: 10 Minutes</p> <p>Ready In: 1 Hour 30 Minutes</p> 
<p>12</p> <p>11:45 LUNCH MENU</p> <p>Baked Fish w/Seasonings Whole Grain Roll Sweet Potatoes Seasoned Broccoli Fresh Fruit</p>	<p>13</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU:</p> <p>Chicken Noodle Soup Whole Wheat Roll Squash Salad Cantaloupe Birthday Cake</p> <p>1:00 Movie: Hear About the Morgans?</p> <p>1:00 WORKSHOP: Memory Academy</p> 	
<p>19</p> <p>11:15 Activity on Fats: Choose These & Reduce These</p> <p>11:45 LUNCH MENU</p> <p>Chicken Cordon Bleu w/ Ham Pesto Pasta Green Beans Garden Salad Mandarin Oranges</p> <p>1:00 SALA Appointments</p> <p>1:00 WORKSHOP: Connecting with Alzheimer's</p> 	<p>20</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU</p> <p>Chinese Pepper Steak Brown Rice Oriental Vegetables Spinach Banana</p> <p>1:00 Movie: Everybody's Fine</p> <p>SALA POWER OF ATTORNEY DAY</p>	
<p>26</p> <p>11:45 LUNCH MENU</p> <p>Spinach Salad & Black Bean Soup Hard Boiled Egg Whole Grain Muffin Vanilla Yogurt w/ Bananas</p> <p>1:00 WORKSHOP: Online Shopping</p> 	<p>27</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU</p> <p>Szechwan Chicken Brown Rice Sautéed Cabbage Green Salad Pineapple</p> <p>1:00 Movie: Avatar</p>	
<p>NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.</p> <p> = Meal contains more than 1000mg sodium</p>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Drawing/Watercolor	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	9:30 Beg Social Dance
9:00 Creative Stitchery	9:30 Brown Bag	9:00 Get Connected	10:15 Lifetime of S, E, & F	10:00 Feldenkrais
9:00 Get Connected	10:30 Strong for Life	9:00 Painting Club	10:00 Qigong, Com Ctr	10:30 Computer Help
10:15 T'ai Chi	11:45 Lunch	9:30 Chorus	10:00 Trips Desk	10:30 Blood Pressure
11:45 Lunch	1:00 Karaoke	10:00 Therapeutic Yoga	11:00 Health Library	11:45 Lunch
1:00 Computer Help	1:00 Workout/Broadway	11:45 Lunch	11:45 Lunch	1:00 English Conv.
1:00 Woodcarving	1:00 Computer Help	1:00 Ceramics-Basic	12:30 Memoirs	1:00 Line Dancing
1:00 Lifetime of S, E, & F	1:00 Low Impact Aerobics	1:00 Knitting/Crochet	1:00 Workout/Broadway	2:00 Chinese Folk
2:00 Living Well	2:30 Chinese Chorus	1:15 Orchestra	1:00 Low Impact Aerobics	2:15 Square Dancing
7:00 Social Dance Club	7:00 Digital Photography	5:30 Qigong	1:00 Fig & Port Drawing	
7:00 Chinese Folk Dance		7:00 Chinese Folk Dance		

CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE

Class Start and End dates are in the Summer Guide that is located at the front desk.

Registration for the classes that occur at our center takes place through the following agencies:

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650)-940-1333** with your credit card available.
3. or visit their website to register for this class at www.mvlaae.net

FOOTHILL

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(650)-949-7321**.

VOLUNTEER

These classes are free and there is no need to register. Please just attend.

IN CLASS

Register for these classes with the class instructor.

Please pick up a Summer Class Guide at the Mountain View Senior Center Front Desk.